

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2026

Sierra Del Sol The Lodge

<p>9:00 Virtual Sunday Non-Denominational Church Service 3 10:00 Snack & Hydration 11:00 Helping Hands: Rolling Yarn 11:45 Namaste- Aromatherapy 1:30 Puzzles & Painting 3:00 Go Traveler: Mexico One Plate at a Time E8</p>	<p>9:30 Morning Stretch & Music 4 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Crafts w/ Katie: 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & A Movie: The Sandlot</p>	<p>9:00 Gardening w/ Rosanda 5 10:00 Refreshment Cart & Music 11:00 Sponge Painting 11:45 Namaste- Aromatherapy 1:30 Cinco De Mayo Party 2:00 Armchair Traveling 3:00 Balloon Noodle Ball 4:00 Puzzles in the Activity Room 6:00 Word Search in the Enclave <small>Cinco de Mayo</small></p>	<p>9:30 Rhythm & Move Drumming 6 10:00 Coffee & Chat 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from AAFC 1:15 Flower Arranging & Reminiscing 2:30 Jaine's Gang 4:00 Classic Movie: Viva Las Vegas 6:00 Coloring in the Activity Room</p>	<p>9:00 Getting the Garden Ready 7 10:00 Snack & Hydration 10:30 Scenic Bus Ride 11:00 Dominos 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Baking Peanut Butter Cookies 4:00 Coloring & Puzzles 6:00 Thursday Night Movie: Grumpy Old Men</p>	<p>9:30 Easy Cardio w/ Katie 1 10:00 Snack & Hydration 10:30 May Day Flowers 11:00 Vinyl Café Book Club 11:45 Namaste- Aromatherapy 1:30 Sing Along w/ Maryanne 3:00 Happy Friday w/ Root Beer Floats 4:00 Crossword Puzzles <small>May Day</small></p>	<p>9:30 Morning Stretch 2 10:00 Snack & Hydration 10:30 Can You Name Five? 11:00 Namaste- Aromatherapy Hand Massage 1:30 Decorating Kentucky Derby Hats 2:00 Cheese & Fruit w/ Mock Julips 3:00 Join Us for Family Bingo! 4:00 152nd Kentucky Derby 6:00 Word Search in the Enclave</p>
<p>9:00 Virtual Sunday Non-Denominational Church Service 10 10:00 Snack & Hydration 11:00 Scrapbooking 11:45 Namaste- Aromatherapy 12:00 Mother's Day Lunch 2:00 Church Service w/ Faith Community Church 3:00 Go Traveler: Mexico One Plate at a Time E9 <small>Mother's Day National Skilled Nursing Care Week</small></p>	<p>9:30 Morning Stretch & Music 11 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Sing Along w/ Katie 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & A Movie: Mr. Poppers Penguins</p>	<p>9:30 Gardening w/ Rosanda 12 10:00 Refreshment Cart & Music 11:00 Painting & Puzzles 11:45 Namaste- Aromatherapy 1:30 Armchair Traveling 2:00 Snack & Hydration 3:00 Balloon Noodle Ball 4:00 Puzzles in the Activity Room 6:00 Word Search in the Enclave</p>	<p>9:30 Rhythm & Move Drumming 13 10:00 Coffee & Chat 10:30 Pet Therapy Visit w/ Gigi & Dolly The Rainbow Poodle 11:30 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from AAFC 1:15 Flower Arranging & Reminiscing 2:30 Tony Bruce * New Performer 4:00 Classic Movie: Grease 6:00 Coloring in the Activity Room</p>	<p>9:00 Watering the Garden 14 9:30 Scenic Bus Ride 10:00 Snack & Hydration 11:00 Finish the Pattern 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Baking Savory Monkey Bread 4:00 Coloring & Puzzles 6:00 Thursday Movie: Bye Bye Birdie</p>	<p>9:30 Easy Cardio w/ Katie 15 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Vinyl Café Book Club 11:45 Namaste- Aromatherapy 1:30 Crafts w/ Rosanda: Maracas! 2:30 Resistance Training w/ Myrlene From AAFC 3:00 Wine & Cheese w/ Banjo Doug 4:00 Crossword Puzzles</p>	<p>9:30 Morning Stretch 16 10:00 Snack & Hydration 10:30 Finish the Phrase 11:00 Namaste- Aromatherapy Hand Massage 1:30 UNO! 2:00 Afternoon Snack 3:00 Join Us for Family Bingo! 4:00 Concert: James Taylor: Live at the Beacon Theater 6:00 Word Search in the Enclave</p>
<p>9:00 Virtual Sunday Non-Denominational Church Service 17 10:00 Snack & Hydration 11:00 Helping Hands: Folding Napkins 11:45 Namaste- Aromatherapy 1:30 Puzzles & Painting 3:00 Lodge Performance w/ Lance Wells</p>	<p>9:30 Morning Stretch & Music 18 10:00 Communion with Deacon Dennis 10:30 Snack & Hydration 11:00 Crafts w/ Katie: 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & A Documentary: Pets <small>Victoria Day (Canada)</small></p>	<p>9:30 Gardening w/ Rosanda 19 10:00 Refreshment Cart & Music 11:00 Sponge Painting 11:45 Namaste- Aromatherapy 1:30 Armchair Traveling 2:00 Snack & Hydration 3:00 Senior Citizens Day w/ Aegis Ice Cream Sundae Bar 4:00 Puzzles in the Activity Room 6:00 Word Search in the Enclave</p>	<p>9:30 Rhythm & Move Drumming 20 10:00 Coffee & Chat 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from AAFC 1:15 Flower Arranging & Reminiscing 2:30 Country Western w/Tommy P 4:00 Classic Movie: Seven Brides for Seven Brothers</p>	<p>9:00 Watering the Garden 21 10:00 Snack & Hydration 10:30 Scenic Bus Ride 11:00 Matching Picture Cards 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 No Baking Banana Split Cake 4:00 Coloring & Puzzles 6:00 Thursday Night Movie: <small>Shavuot Begins</small></p>	<p>9:30 Easy Cardio w/ Katie 22 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Vinyl Café Book Club 11:45 Namaste- Aromatherapy 1:30 Bean Bag Toss 2:30 Resistance Training w/ Myrlene From AAFC 3:00 Happy Friday w/ Strawberry's & Cream Milk Shakes 4:00 Crossword Puzzles</p>	<p>9:30 Morning Stretch 23 10:00 Snack & Hydration 10:30 Easy Family Feud 11:00 Namaste- Aromatherapy Hand Massage 1:30 Bunco 2:00 Afternoon Snack 3:00 Join Us for Family Bingo! 4:00 Concert: John Denver BBC Concert 6:00 Word Search in the Enclave</p>
<p>9:00 Virtual Sunday Non-Denominational Church Service 24 10:00 Snack & Hydration 11:00 Scrapbooking 11:45 Namaste- Aromatherapy 2:00 Church Service w/ Faith Community Church 3:00 Go Travel Mexico One Plate at a Time E10</p>	<p>9:30 Morning Stretch & Music 25 10:30 Snack & Hydration 11:00 Sing Along w/ Katie 11:30 Namaste- Aromatherapy 2:00 Bingo 2:30 Yoga w/ Myrlene from AAFC 3:00 Popping Popcorn & A Movie: My Big Fat Grek Wedding <small>Memorial Day</small></p>	<p>9:30 Gardening w/ Rosanda 26 10:00 Refreshment Cart & Music 11:00 Painting & Puzzles 11:45 Namaste- Aromatherapy 1:30 Armchair Traveling 2:00 Snack & Hydration 3:00 Balloon Noodle Ball 4:00 Puzzles in the Activity Room 6:00 Word Search in the Enclave</p>	<p>9:30 Rhythm & Move Drumming 27 10:00 Coffee & Chat 10:30 Pet Therapy Visit w/ Gigi & Lilith the Cat 11:00 Namaste- Aromatherapy Hand Massages 11:30 Yoga w/ Myrlene from AAFC 1:15 Flower Arranging & Reminiscing 2:30 Adkins & Anderson 4:00 Classic Movie: My Fair Lady 6:00 Coloring in the Activity Room</p>	<p>9:00 Watering the Garden 28 9:30 Flandrau Science Center & Planetarium 10:00 Snack & Hydration 11:00 Qwirkle 11:45 Namaste- Aromatherapy 1:30 Balloon Noodle Ball 2:30 Baking Cheddar Muffins 4:00 Coloring & Puzzles 6:00 Thursday Movie: Walk the Line</p>	<p>9:30 Easy Cardio w/ Katie 29 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Vinyl Café Book Club 11:45 Namaste- Aromatherapy 1:30 Crafts w/ Rosanda 2:30 Resistance Training w/ Myrlene From AAFC 3:00 Happy Friday w/ Iced Tea & Watermelon 4:00 Crossword Puzzles</p>	<p>9:30 Morning Stretch 30 10:00 Snack & Hydration 10:30 Fact or Fiction: Old Wives Tales 11:00 Namaste- Aromatherapy Hand Massage 1:30 UNO! 2:00 Afternoon Snack 3:00 Join Us for Family Bingo! 4:00 Concert: 6:00 Word Search in the Enclave</p>

9:00 Virtual Sunday Non-Denominational Church Service **31**
10:00 Snack & Hydration
11:00 Helping Hands: Folding Calendars
11:45 Namaste- Aromatherapy
1:30 Puzzles & Painting
3:00 Go Travel Mexico One Plate at a Time E11



"May is the perfect time to take a breath of fresh air and enjoy the beauty of spring." - Debasish Mridha



Schedule is Subject to change. For the most updated information please see Activity Daily. Sierra Del Sol Senior Living 8151 E Speedway Tucson AZ 85710